

## Sacred Heart Parish

2 Hough Street, Lebanon, NH

### Mass Schedule

Saturday 4:00pm Vigil  
Sunday 8:00 and 9:30am

Monday 8:00am  
Tuesday 5:30pm  
Wednesday 8:00am  
Thursday 8:00am

### Confession

Saturday 2:45 - 3:30pm

### Eucharistic Adoration

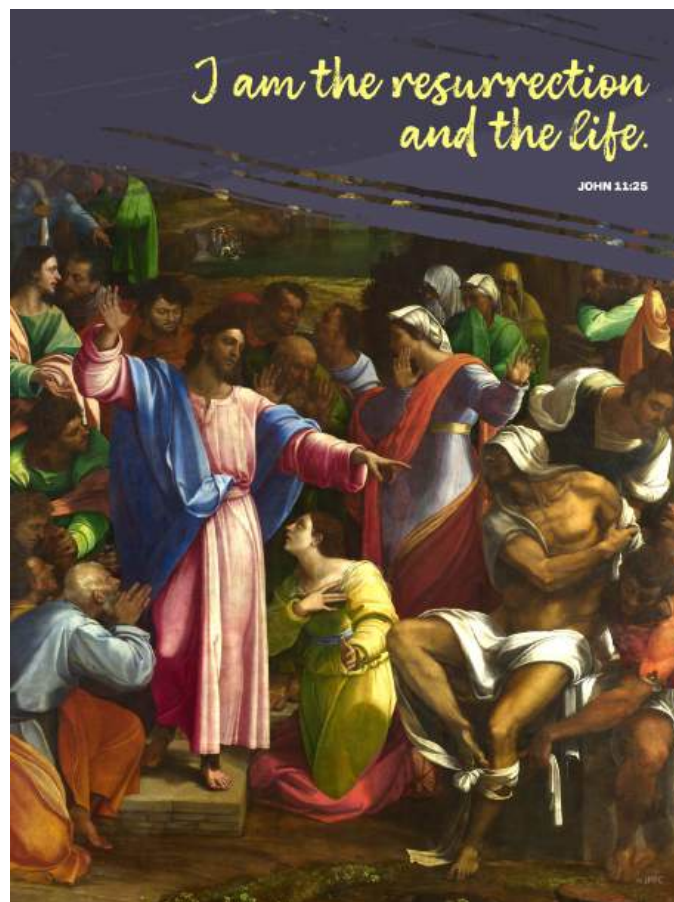
First Tuesdays 4:15 - 5:15pm

### Rosary

Monday 8:30am in church & 5pm on Zoom  
Tuesday 5:15pm (First Tuesdays at 4:30pm)  
Thursday 7:30am  
First Saturdays 3:30pm

# Fifth Sunday of Lent

## March 22, 2026



## St. Helena Parish

36 Shaker Hill Road, Enfield, NH

### Mass Schedule

Sunday 5:30pm

### Confession

Sunday 5:00 - 5:15pm

### Rosary

All Sundays in October 5:00pm

## St. Mary's Mission Church

1157 US Route 4, Canaan, NH

### Mass Schedule

Sunday 10:00am

### Confession

Sunday 9:30 - 9:45am

### Rosary

First and Third Sundays 9:30am

# Mass Intentions

## ***Sacred Heart***

***March 21 - 29, 2026***

**Saturday Vigil / Sunday: March 21 / 22**  
***Fifth Sunday of Lent***

**4:00pm** Peter and Fleurette Hudson  
by Des and Shirley Hudson  
**8:00am** Intentions of Our OCIA Participants  
**9:30am** Marjorie Mason Place  
by Gordon and Louise Gribble

**Monday: March 23**

***St. Turibius of Mogrovejo, Bishop***

**8:00am** Intentions of Marie, Cormac,  
and Ciaran Connolly  
by Bernadette McLaughlin

**Tuesday: March 24**

**5:30pm** Sam Johnson and Rae Jean Bressette  
by Janice Miles

**Wednesday: March 25**

***The Annunciation of the Lord***

**12:10pm** Dr. Charles Salem by Kelly Diette

**Thursday: March 26**

**8:00am** Sheila Swanwick  
by Maurice and Connie LeBlanc

**Saturday Vigil / Sunday: March 28 / 29**  
***Palm Sunday***

**4:00pm** In Thanksgiving for Answered  
Prayers by Des and Shirley Hudson  
**8:00am** Helen and Ed Konicki  
by Bernie and Sophie Konicki  
**9:30am** Chet and Paula Naczas  
by Jim and Cathy Filiano

## ***St. Helena and St. Mary's Mission***

***March 22 and 29, 2026***

**Sunday: March 22**  
***Fifth Sunday of Lent***

**10:00am** (St. Mary's) Wilfrid Dauphinais  
by Rene Dauphinais  
**5:30pm** Selina Rock Doriski and Paul Rock  
by June Rock

**Sunday: March 29**  
***Palm Sunday***

**10:00am** (St. Mary's) Deceased Members of  
the Knights of Columbus Council 8027  
and Their Families  
**5:30pm** Deceased Members of the Knights  
of Columbus Council 8027  
and Their Families

**THE SOLEMNITY  
of the  
ANNUNCIATION  
of OUR LORD  
*March 25***



*What can we learn from this episode in the lives  
of Jesus and the Blessed Mother?*

Angels by their nature are above humans, yet the angel Gabriel shows great respect to Mary: "Hail, full of grace, the Lord is with you!" Jesus did not have to take on our nature to save us, neither did He have to cooperate with a humble Jewish woman in Nazareth. He chose both.

Mary is the willing instrument of God. Without her approval to bear Jesus in her womb, there is no telling what the state of our salvation would be. God willed to entrust His plan of salvation into the hands of a woman.

This is also our role whenever we are open to God's will. God does not need us, but He lets us work with Him. What a privilege! With the Annunciation, we see the great things that God can bring when we cooperate with Him.

*welcome*

If you would like to register with either of our parishes, please do so online via our websites:

**SACRED HEART:** [sacredheartlebanon.org](http://sacredheartlebanon.org)

**ST. HELENA / ST. MARY'S:** [sthstm.org](http://sthstm.org)

## DURING LENT at SACRED HEART



CONFESSION and  
EUCCHARISTIC  
ADORATION



**WEDNESDAY, MARCH 25**

*The Annunciation of the Lord*

Mass 12:10pm, **Confession** 1:00 - 1:30pm

**SATURDAY, MARCH 28**

**Confession** 2:45 - 3:30pm, Mass 4:00pm

**MONDAY, MARCH 30**

Mass 8:00am, **Adoration** 8:30 - 9:30am, **Confession** 8:45 - 9:15am

## THE ANNUNCIATION of the LORD SACRED HEART - Wednesday, March 25



**Holy Mass - 12:10pm**

**Confession - 1 to 1:30pm**

# Parish Ministries



## SACRED HEART

RELIGIOUS EDUCATION / OCIA

Catechesis for a journey  
that will last a lifetime.

We'll meet in the Parish Hall  
after 9:30 Mass on *all* Sundays in March.

Questions? Contact our DRE, Lynn Smollin,  
at [lynnsheartlebanon@gmail.com](mailto:lynnsheartlebanon@gmail.com).

### THIS SUNDAY, MARCH 22

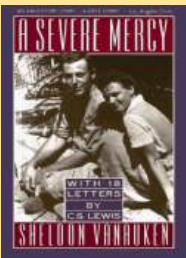
- The Ten Commandments, Part Two
- St. Oscar Romero
- Soon-to-be-Blessed Fulton J. Sheen
- Vatican II: What it was and what it wasn't.



### BIBLE STUDY: THIS SUN, MARCH 22



Join us after 9:30 Mass in the Parish Office  
as we discuss *Romans: 12*.



### SACRED HEART BOOK GROUP

*A Severe Mercy*  
by Sheldon Vanauken

We'll discuss Chapter Six  
on **March 24**. Parish Office,  
6:00 to 7:00pm.

### MONDAY NIGHT ROSARY



We'll pray the *Sorrowful Mysteries* through Lent.  
Join us on Zoom at 5pm; sign-in info can be  
found on our parish website.

## VOCATIONS MINISTRY

Genesis reports that “Noah did all that the Lord God commanded him” Gen 7:5. So did St Joseph. As a result he was described as a Just Man, with the word “just” meaning that his relationship was set in right order to God — spiritually “justified” — in the way that a printed document is “justified” in its margins.

The Feast of St. Joseph is March 19. We know that he was the foster father of Jesus, though he was assumed to be Jesus' biological father in the world of his time. It is true that Jesus said: “Call no man Father” (Matt 29:3), and yet Jesus Himself used the term “father” in some of His own parables. How can we reconcile this contradiction? Jesus as God was separating the role of earthly father from the great unsurpassable significance of God the Father. It has been the Church's position that we can use the word *father* to designate a biological, legal child-rearing role on earth; and an earth-bound spiritual/educational role (1 Cor 4:15-16; 1 Thess 2:11-12), but the truest, fullest meaning of the word *father* must be restricted only to God the Father of all. In Church and civil governance, parents or priests can be removed from the exercise of their fatherly role after intolerable criminal or sinful practice. However, when earthly fathers or priests practice their roles with virtue, charity, and competence, their beneficial influence is widespread and endures for the good of their offspring, their congregations, and their society. The Bible tells us this: “I give you the priesthood as a gift” (Numbers 18:7) ... “Respect those among you whose task it is to exercise authority in the Lord ... esteem them ... (1 Thess 5:12-13).

Let us pray this week asking St. Joseph to intercede and request that the Holy Spirit bring us more men committed deeply to the vocation of virtuous fatherhood in the family, and of spiritual priestly fatherhood — men who have full awareness that they are serving obediently the role of fatherhood as *foster fathers*, under the greater authority of our God the Father of all.

# Parish Notes and Lent

Free  
Community Dinner  
at St. Mary's, Canaan



## THIS SUNDAY - MARCH 22

Join us after the 10am Mass.  
Volunteers are always welcome!  
Contact coordinator Rosalie Swanson  
for additional information or to volunteer:  
603-727-2383 (call or text)

## ST. PATRICK'S LUNCH

*A hearty thanks to all who attended our annual celebration and to all who worked behind the scenes. Everyone had a blast and Sacred Heart cleared \$1,006.46!*



JD and the Stonemasons  
were a big hit!



Great to have the  
*Running Nuns*  
celebrate with us!



None of our parish events would happen without our faithful kitchen helpers, too numerous to name here. God bless you!

## FRIDAYS during LENT



### Sacred Heart

5:30pm Stations of the  
Cross in the church

6:15pm Knights of Columbus  
Lenten Dinners in the Parish Hall

### MARCH 27

Veggie Spring Rolls  
Shrimp Rice, White Rice, Fish Lasagna  
Carrots, Homemade Bread, Salad  
Dessert

*Tickets sold at the door.*

*\$15 per person / \$40 per family*

*Enjoy dinner with friends, play some Trivia,  
and take a chance with the 50/50 raffle!*



### St. Mary's Mission

4:30pm Stations of the Cross  
in the church

Potluck Soup and Bread Supper  
follows in the Church Hall

*(Even if you're unable to bring a dish to share,  
please come and enjoy the evening!)*

Contact Albert Vanasse for more info  
or if you'd like to help:

[a.vanasse712@gmail.com](mailto:a.vanasse712@gmail.com)

## EASTER FLOWER MEMORIAL



*If you'd like a loved one to be  
remembered on our flower  
memorial poster throughout  
Eastertide, please be sure to get those names to us  
no later than this Tuesday, March 24.*

## A LENTEN REFLECTION

*"Unless there is a Good Friday in your life,  
there can be no Easter Sunday."*

Soon-to-be-Blessed  
Archbishop Fulton Sheen

# HOLY WEEK

## **Palm Sunday of the Passion of the Lord - March 29**

Vigil Mass at Sacred Heart, March 28 - 4:00pm

Mass at Sacred Heart - 8:00 and 9:30am

Mass at St. Mary's Mission - 10:00am

Mass at St. Helena - 5:30pm

## **Monday of Holy Week - March 30**

Mass at Sacred Heart - 8:00am

Adoration - 8:30 to 9:30am

Confession - 8:45 to 9:15am

## **Tuesday of Holy Week - March 31**

Chrism Mass at St. Joseph Cathedral, Manchester - 11:00am

*All are invited.*

## **Spy Wednesday - April 1**

No daily Mass.

## **Holy Thursday - April 2**

Mass at Sacred Heart 7:00pm

Adoration at Altar of Repose following Mass until 9:30pm

## **Good Friday - April 3**

*Stations of the Cross:* Sacred Heart - Noon

*Good Friday Service:* Sacred Heart - 3:00pm

*Stations of the Cross:* St. Helena - 6:30pm

## **Holy Saturday - April 4**

*Blessing of the Easter Foods - Świeconka:* Sacred Heart - 9:30am

*Easter Vigil Mass:* Sacred Heart - 7:30pm

## **Easter Sunday - April 5**

Mass at St. Helena - 7:30am

Mass at Sacred Heart - 8:00 and 9:30am

Mass at St. Mary's Mission - 10:00am

## **Free Community Easter Brunch**

Sacred Heart Parish Hall following 9:30am Mass - *All are welcome!*

## SACRED HEART PARISH

Office: 7 Fairview Avenue, Lebanon, NH  
Mailing: PO Box 482, Lebanon, NH 03766

Telephone: 603-448-1262

Website: [www.sacredheartlebanon.org](http://www.sacredheartlebanon.org)

Email: [sheartlebanon@gmail.com](mailto:sheartlebanon@gmail.com)

## ST. HELENA PARISH

## ST. MARY'S MISSION

Office: 7 Fairview Avenue, Lebanon, NH  
Mailing: PO Box 1363, Lebanon, NH 03766

Telephone: 603-632-4263

Website: [www.sthstm.org](http://www.sthstm.org)

Email: [sthstm@gmail.com](mailto:sthstm@gmail.com)

## PARISH STAFF

Rev. Fr. Charles H. Pawlowski, KHS  
Pastor - [pastorsheartlebanon@gmail.com](mailto:pastorsheartlebanon@gmail.com)

Camille Hardt  
Parish Secretary - [sheartlebanon@gmail.com](mailto:sheartlebanon@gmail.com)

Lynn Smollin  
DRE - [lynnsheartlebanon@gmail.com](mailto:lynnsheartlebanon@gmail.com)

Alice Maleski  
Music Dir. - [musicshheartlebanon@gmail.com](mailto:musicshheartlebanon@gmail.com)

Cathy Filiano, Sheila Gallagher  
Office Assistants

## KNIGHTS of COLUMBUS

SACRED HEART COUNCIL 2656  
Council Grand Knight, John Pomeroy  
[johnpomeroy84@gmail.com](mailto:johnpomeroy84@gmail.com)

Meets the second Monday of the month  
at 6pm, Sacred Heart's Parish Hall

CANAAN / ENFIELD COUNCIL 8027  
Council Grand Knight, Albert Vanasse  
[a.vanasse712@gmail.com](mailto:a.vanasse712@gmail.com)

Meets the third Wednesday of the month  
at 7pm, St. Mary's Parish Hall in Canaan.

## Monthly Collections

January 30 - February 28, 2026

### SACRED HEART

In Person Collection: \$12,082

Online Collection: 5,961

**\$18,043**

Building Fund (incl Organ Restoration)  
\$11,422

Diocesan Catholic School Education \$568

Eastern Europe / Church in Africa \$308

Fuel \$1,309

Parish Charity \$797

### ST. HELENA / ST. MARY'S MISSION

In Person Collection: \$4,087

Online Collection: 392

**\$4,479**

Diocesan Catholic School Education \$410

Eastern Europe / Church in Africa \$233

Fuel \$394

Parish Charity \$532



## FIND OUR PARISHES on FACEBOOK!

Follow Sacred Heart and Saint Helena Parishes on Facebook to see pictures from parish events, receive up to date schedules, and learn about the feasts, solemnities, and saints of Holy Mother Church.

Get important updates via email and/or text. **Flocknote** lets you choose what information you'd like to receive from the groups in our parishes.



- Go to [flocknote.com/sacredheartparish5](http://flocknote.com/sacredheartparish5) OR text SHLEB to 84576 from your phone to subscribe to updates.
- Text STOP to 84576 to stop text notifications at any time. Text HELP for help. There is no charge for this service, but your carrier message and data rates may apply. See: [www.flocknote.com/txt](http://www.flocknote.com/txt)